



THE CENTER AT PRISCILLA PLACE



Senior Center Serving Adults Age 55+

23 Priscilla Place • (203) 452-5199

AUGUST 2018

Senior Commission Chairman

Amy DeZenzo (203) 261-0872

Director of Human Services

Michele Jakab (203) 452-5144

Administrative Assistant

Ashley Ryan Grace (203) 452-5199

Senior Center Receptionist

Jeannie Franco (203) 452-5199

Social Services (203) 452-5198

Jennifer Gillis (203) 452-5133

Food Pantry

Monica Vallejo (203) 452-5135

First Selectman

Vicki Tesoro (203) 452-5005

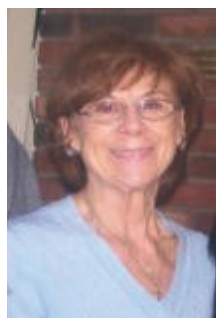
Membership Renewal : Trumbull Senior Center –Membership renewal was due July 1, 2018. Membership is required to participate.

Line Dance with Shirley

Line Dancing

Mondays at 1:00 PM

Line dance to different types of music. All levels welcome.



Wear comfortable shoes. Come have fun and try something new!

WISH LIST

- 4 KING/QUEEN WHITE BED SHEETS. (BRAND NEW)
- GROCERY STORE COUPONS
- DECAF COFFEE
- UNOPENED COOKIES AND CAKES
- UPDATED MAGAZINES
- PAPER PLATES, CUPS, UTENSILS

SENIOR CITIZEN COMMISSION

Chairman - Amy DeZenzo

Secretary - Gail D'Elia

Clerk - Barbara Crandall

Ron Foligno

Roberta Bellows

Evelyn Wiesner

Mary Isaac

Marcy Kelly

The Dining Room

Summer Picnic

Tuesday, August 21st

11:45 PM

Catered by A Pinch of Salt

Suggested Donation \$3.25

Reservations must be made (2) days in advance by calling 203-378-3086.

Please call for the menu.

Music played by DJ Al Song!



SAVE THE DATE



**TRUMBULL
ROTARY CLUB**

Annual Senior Picnic

Hosted by the

Trumbull Rotary Club

Thursday, September 13th

12:00 PM

Seniors are invited to a free picnic under a tent on the town green.

It's a great opportunity for fellowship and a free lunch!

Held at Trumbull Town Hall.

To RSVP, please call (203) 452-5199
Sign up is required.

CENTER HOURS

Monday through Friday
9:00 AM—4:00 PM

Like us on
facebook





The Most Trusted Name in Home Care

Personal Care • Homemaking
Companionship • Meal Preparation
Medication Reminders • Errands/Appointments

Call for your
FREE Care Assessment!

(203)923-8866

Locally Owned and Operated
in Fairfield, CT



www.synergyhomecare.com



2875 Main Street, Bridgeport

(203) 336-0232

RATED 4-STAR

Health Care Center

your bridge to health

- SHORT TERM REHABILITATION
- LONG TERM CARE

Athenahealthcare.com/Northbridge
Managed by Athena Health Care Systems

Law Offices of Elovson & Tenore

...because experience matters.

ELDERLAW & FAMILY COUNSELING ASSOCIATES, LLC

"Dedicated to helping senior adults and their families"

ESTATES • TRUSTS • PROBATE • CONSERVATORSHIPS
MEDICAID AND ASSET PRESERVATION PLANNING
203-259-7195 • www.ConnecticutElderLaw.com

FAIRFIELD, CT

REMARKABLE MEMORY CARE ASSISTED LIVING



Bridges

BY EPOCH

MEMORY CARE ASSISTED LIVING
AT TRUMBULL

Remarkable people. Exceptional care.

Helping those in various stages
of memory loss experience more
joyful, meaningful days.

203.245.5126

2415 Reservoir Avenue | Trumbull, CT 06611



www.BridgesbyEPOCH.com

CT Relay 711

since 1989



**Specializing in
Medicare health plans**

Medicare Supplement
Medicare Advantage
Part D Rx Plans

203-744-3705

www.senioramericansresources.com



Assisted Living
Memory Care
Respite Stay

203-761-1191

435 Danbury Rd. Wilton, CT
www.thegreensatcannondale.com



Short-Term Rehabilitation
Long-Term Skilled Nursing
Outpatient Therapy Service

203-834-0199

439 Danbury Rd. Wilton, CT
www.wiltonmeadowshealthcare.com

A Campus of Personalized Care and Enriched Living



CYRIL F. MULLINS FUNERAL HOME, INC.

CYRIL F. MULLINS II • HOLLY MULLINS-HART • ROBERT B. CLARK

203-372-6543

www.mullinsfh.com email: cfmullinsfh@gmail.com

399 White Plains Road, Trumbull, CT



A PLACE FOR CARING

SHORT-TERM REHAB • LONG-TERM CARE • RESPITE

203.459.5152 • athenanh.com/Maefair

21 Maefair Court
Trumbull, CT 06611

Continuum of Care Offered by
Athena Home Health & Hospice.
Managed by Athena Health Care Systems

Helping You Continue to Feel *Right at Home*

Right at Home of Greater Fairfield County understands that MAINTAINING YOUR INDEPENDENCE is the key to your happiness and well being. We tailor our in-home care, to your individual needs.

- Companionship for an afternoon
- Personal care: bathing & hygiene
- Meal prep, shopping, light housekeeping
- Transportation to appointments & more



We can help you stay at home. Serving Greater Southbury. Call today for a free, in-home assessment or more information.

203-261-5777

WWW.RAHFFC.COM



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

Trumbull Senior Center

06-5293

WORKSHOPS, LUNCH AND LEARNS, EVENTS

Evening Program

Aging in Place Successfully Simple Strategies to Make You and Your Home Safe

Thursday, August 9th

6:00 PM

Join Audrey Brenya of Solace Care and Debra Spross of Spross Consulting & Stay Put Strategies, LLC for a talk about common obstacles and simple strategy suggestions to make your home safer and easier to navigate and reduce your risk of falls. Light refreshments will be served. For more information and to RSVP, please call (203) 452-5199.

Lunch and Bingo at Maefair Tuesday, August 14th

12:00 PM

Visit our friends from Maefair Health Care Center for a fun game of Bingo and stay for lunch. For more information and to RSVP, please call (203) 452-5199.

Alcohol and Medication Safety Program

Wednesday, August 15th

10:30 AM

Join Alcohol Awareness and Education Coordinators, Tony Lota and Hugh Cochrane, from Dichello Distributors, Inc. for an informative presentation on safety tips for proper alcohol consumption and medication management. To RSVP, please call (203) 452-5199.

Veteran Benefits Screening

Tuesday, August 21st

12:30 PM

Ramon Agosto, from Connecticut Department of Veterans Affairs, returns to screen Veterans and their surviving spouses for all Veteran's benefits. Bring your discharge papers. Membership is not required to meet Ramon. To RSVP, please call (203) 452-5199.

Ice Cream Social and Senior Selfie Day to End Alzheimer's

Wednesday, August 22nd

1:00 PM

Join us for an ice cream social and come snap a photo and party with us for a great cause! SYNERGY Home Care will donate \$5.00 to the Alzheimer's Association for every selfie/picture taken. The music will be playing and refreshments/ice cream will be served. Don't forget to RSVP for this fun event by calling (203) 452-5199. **A photo release form will have to be signed if you would like your picture taken and posted on Facebook.**

Lunch and Learn New to Medicare Wednesday, August 29th

10:30 AM

Are you new to Medicare? Do you have specific questions? Join Sharon Gesek from the Southwestern CT Agency on Aging for an informative presentation on Medicare. Lunch will be provided by Right at Home. For more information and to RSVP, please call (203) 452-5199.

Upcoming Events

- **Dine and Discover**
The Opioid Crisis: It's Impact on Seniors
Thursday, September 6th,
5:30 PM
- **Family Feud**
Wednesday, September 12th,
10:30 AM
- **Lunch and Learn**
Three Steps for Protecting Assets-Massih Law
Wednesday, September 19th,
10:30 AM

TRUMBULL Summer Concert Series:

Presented by

The Mallett Trust

Town Hall Green & Gazebo

Tuesdays

7:00pm to 8:30pm

Rain Date is

Thursday of same week

August 7th—Nina Etc.

August 14th—Motown

Review

August 21st—Mia & The Riff

August 28th - Marc

Berger & RIDE

Sept. 4th—The Barons



PROGRAMS

Knitting & Crochet Group

Every Tuesday

10:00 AM

Please bring your own supplies.
Extra yarn is available. Donations
welcomed. Everyone welcome.

Daily Lunch Program

Join us for a hot lunch

Monday-Friday at 11:45 AM.

Reservations required 2 days in

advance. Call (203) 378-3086.

Suggested donation of \$3.25.

Alternative Menu:

Chef Salad: carrots, cherry tomatoes,
spring mix, cucumbers, cheese and
low sodium turkey breast.
(Egg salad and tuna are substituted.)

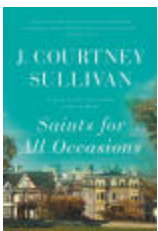


The Book Club

August Book:

"Saints for All Occasions" by
J. Courtney Sullivan

**Monday, August
6th, 11:00 AM**



September Book:

"Lucia, Lucia" by
Adriana Trigiani
**Monday,
September 10th,
10:30 AM**



Computer Tutor: 1:1 Sessions

Every Wed. and Thurs.

10:30 AM—12:00 PM

- How to send emails/photos,
use the internet, social media,
anything!

You must RSVP. (203) 452-5199.
\$5.00 for non-residents. If you
have a laptop, please bring it in.

Monthly Birthday Party

Friday, August 24th

11:30 AM

Come celebrate our July
birthdays! Cake and coffee will be
served. This event is sponsored by
SYNERGY Homecare. To RSVP,
please call (203) 452-5199

Super Bingo

Friday, August 24th

1:00 PM—3:00 PM

(bus leaves at 2:30 PM)

\$5.00 gift cards and refreshments!

RSVP by calling (203) 452-5199.

Sponsored by the Senior
Commission and SYNERGY
Homecare.

Lunch and Movie

Friday, August 31st

11:30 AM—1:00 PM

Sponsored by Ludlowe Center for
Health and Rehabilitation.

Feature Film: **Wonder Wheel**

This romantic drama takes place in
the 1950s at Cooney Island with a
waitress who tries to find out the
true meaning of
love and life.

Starring:

Kate Winslet

To RSVP,
please call
(203) 452-
5199.



Sue's Salon

Haircuts, manicures & pedicures

Licensed professional.

call (203) 981-7061

Price List:

Shampoo/set/blow dry: \$15.00

Shampoo/cut: \$18.00, Neck Trim:

\$10.00, Color/cut/set: \$50.00 +

Perm/wash/cut/set/blow dry: \$65.00

GAMES

Billiards Monday-Friday. Call

the office to get in touch with
other players! Let's get a group
going!

Poker Mondays and Thursdays

9:00 AM—3:30 PM

Come join us for a fun game. Don't
forget to bring your poker face!

Bocce Ball Mondays 9:00 AM

With the welcome of Spring and the
beautiful weather, join us outside for a
fun game of Bocce Ball.

Texas Hold'em

Wednesdays and Fridays

10:00 AM—3:30 PM

Pinochle

Wed, Thurs, Fri

12:30 PM

Join a game and/or start your own!

Mah-Jongg

Wednesdays & Fridays

12:30 PM

Interested in playing billiards?

Call: Madeline Raymond
203-365-0565

FITNESS CLASSES

Mondays:

Stretch/Strengthen with Nancy-

9:00 AM Stretch, balance, aerobic and strength exercises. Optional: bring weights.

International Folk Dance with

Leng -10:00 AM A wonderful exercise for your mind, body and spirit.

Intermediate Line Dance with

Shirley-1:00 PM Line dance to different types of music.

Yoga with Jeannie-2:00 PM

Focuses on rhythmic deep breathing, balance, strength and flexibility.

Tuesdays:

Fit for Life Exercise with

Marylou-9:15 AM Low-impact aerobic exercise/dance (including a weights segment).

Ballroom Dance with Mike

Stavola-10:30 AM Ballroom dance lessons with or without a partner.

Sit and Fit with Becky and

Marylou-10:30 AM A gentle, seated exercise class aimed to reduce stress, gain flexibility and strength.

Zumba Lessons with Mike

Stavola-11:30 AM Have fun while you dance to energetic music!

Tai Chi Quan for Better

Balance with Alma-1:30 PM Focuses on improving balance,

Wednesdays:

Yoga with Jeannie -9:00 AM This exercise focuses on breathing, stretching, balance and flexibility movements.

Jazzercise with Marylou-

10:10 AM Combination of low-impact aerobic exercise and dance.

Tap Dance with Shirley-11:00 AM

Experience required. Please bring your own tap shoes.

Qigong with Julie-12:30 PM

CLASSES RESUME AFTER LABOR DAY

Practice that focuses on lowering stress, improving immunity and strengthening internal and external balance.

Thursdays:

Balance, Core and Stretch

(Pilates)-with Jeannie-9:00 AM

This class focuses on breath, balance, core and total body strength and stretch. Bring a mat.

Strength Training -10:15 AM

(9 Sessions-July 5th-August 30th)

Build strength and muscle while feeling stronger and more flexible. Please bring your own weights.

Feldenkrais with Cathy-11:30 AM

Awareness through movement. Learn the importance of proper movement techniques while sitting.



Fridays:

Dance & Tone with Jeannie-

9:00 AM Dance to international music while toning the entire body.

Tai Chi with David-10:15 AM

An ancient martial art that helps improve balance and relieve pain.

Israeli Dance with Leng—

11:30 AM

Israeli Dance is great exercise for your mind, body and soul. No experience necessary. \$5.00 per class.

ART CLASSES

Mondays:

Drawing with Christine-9:45 AM

This course, taught by Artist Christine Goldbach, covers the fundamentals of drawing emphasizing the use of line, shape, value and composition. All levels welcome.

Tuesdays & Thursdays:

CLASSES RESUME AFTER LABOR DAY

Watercolors with Sabine-

9:30 AM Water color class taught

by Artist Sabine Bonnar.

All levels are welcome.

A supply list will be provided.

Fridays:

Acrylic/Oil Painting with Christine-10:00 AM

A painting class taught by Artist Christine Goldbach utilizing acrylic and oil paints. All levels are welcomed. Please bring your own supplies and subject matter. A supply list will be provided.



The Travel Corner: *Let Your Journey Begin*

We provide transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled, along with their caregivers. Rides to doctors, shopping, and the Senior Center. Service animals and assistive devices welcome.

Pick up times for the Senior Center bus are from 8:45 am-10:00 am with reservations. Medical ride appointments are on a first come first serve basis. Monday, Tuesday, and Thursday.

Captain's Cove Seaport **Wednesday, August 8th**

Come join us for a trip to Captain's Cove Seaport in Bridgeport! Enjoy a nice lunch outdoors while visiting the shops that line the boardwalk. Don't forget to ask about their famous Fish Fry discount. Transportation fee is \$2.00; you are responsible for the cost of your lunch/shopping.
To RSVP, please call (203) 452-5199.

Bus Schedule:

- Bus will leave the Center by 10:30 AM
- Captain's Cove Seaport 11:00 AM –1:30 PM

The Christmas Tree Shop and the Olive Garden **Thursday, August 23rd**

The summer has finally arrived! Visit the Christmas Tree Shop and shop all of their new summer items. After shopping, enjoy lunch at the Olive Garden. You are responsible for the cost of your lunch and shopping. Transportation fee is \$2.00. To RSVP, please call (203) 452-5199.

Bus Schedule:

- Bus will leave the Center by 10:00 AM
- The Christmas Tree Shop: 10:30 AM-12:30 PM
 - Olive Garden: 12:45 PM-2:00 PM
- Bus will return to the Center by 2:30 PM.

Our Fabulous Bus Drivers:

Jeanne Horvath
Vincent Pavone
Bill Schiappa
Andy Mastrone

Thimble Islands and the U.S.S Chowder Pot **Thursday, August 30th**

Feel the breeze as you take a cruise across the Thimble Islands. After this 45 minute narrated tour, enjoy lunch at the U.S.S Chowder Pot. The ticket cost is \$12.00; cash or check only. Please pay at the time of departure. You are responsible for the cost of your lunch. Transportation fee is \$2.00.
To RSVP, please call (203) 452-5199.

Bus Schedule:

- Bus will leave the Center by 10:00 AM
- The Thimble Islands from 11:00 AM-12:00 PM
- The Chowder Pot 12:30 PM-2:00 PM
- Bus will return to the Center by 2:30 PM

Stop and Shop Schedule: Call for a pick up **(203) 452-5199**

- Stern Village: Wednesdays (pick up 9:00am-9:15am)
- Trumbull Residents: Tuesdays (pick up 9:15am-9:45am)

Shopping is from 10:00 AM -11:00 AM.
You will be picked up between 9:00 AM-9:45 AM.
Wheelchair accessible, aides or caregivers are welcome. Must RSVP: (203) 452-5199

The Shuttle Loop: Get a choice!

Must RSVP: (203) 452-5199

Estimated pick up time between 9:00 am-10:00 am
Stores within the "Loop" include Big Y, ShopRite, Best Buy, TJ Maxx, Kohl's & Target. Hop on and let the driver know where you would like to go!

- **Thursday, August 2nd**
- **Thursday, August 16th-Trumbull Mall/PriceRite**

There is a minimum of 4 riders and maximum of 14.

NEWS FROM THE OUTREACH DEPARTMENT

ELDERLY AND TOTALLY DISABLED RENTER'S RELIEF PROGRAM

Applications accepted from April 1 to October 1, 2018

ELIGIBILITY REQUIREMENTS:

Applicant must be age 65 or 100% Disabled (18+) older as of December 2017

(***Current proof of disability from Social Security must be provided***)

Applicant must have been a renter in Connecticut during 2017.

ANNUAL INCOME GUIDELINES: SINGLE: \$35,300.00 COUPLE: \$43,000.00 (Cannot Exceed)

PROOF OF INCOME FOR 2017:

- 1) Social Security benefit statement for 2017 (1099) form
- 2) Bank interest statement and dividends for 2017
- 3) Pension Statement/Retirement/Annuity statements for 2017
- 4) Federal Tax Return for 2017 if filed
- 6) Any and all income from 2017 taxable or non-taxable

If you need proof of Social Security benefits, you can get a benefit verification letter by calling 1-800-772-1213 (this will take 10 days) or register online at www.socialsecurity.gov and create an account where you can then print a benefits verification letter.

PROOF OF EXPENSES PAID IN 2017:

- 1) Rent Receipts signed by landlord or rent ledgers from housing complex for the whole year.
- 2) Statements/bills from electric, gas, water, and fuel showing amounts and dates paid for the whole year.

Call United Illuminating at (800) 722-5584 and request a "PAYMENT PRINTOUT" for the year 2017.

Please call Social Services to schedule an appointment – NO WALK-INS PLEASE! 203-452-5133

Need a Ride to the Doctor?

We offer rides to and from medical appointments on Mondays, Tuesdays, and Thursdays. We travel to Trumbull, Bridgeport and Stratford. All riders must be independent; caregivers are welcome to accompany riders. All buses are equipped with a wheelchair lift. Drivers may not physically assist riders to and from the vehicle.

Senior Center membership is not required but all riders must fill out a registration form.

Donations are gratefully accepted.

**Donations can be made to the Trumbull Senior Center
at 23 Priscilla Place,
Trumbull CT, 06611**



Have you signed up?

File of Life is an important and useful way to gather information that can be accessible in an emergency. File of life is a wallet sized pouch that will keep record of any allergies, medication used, emergency contact information, doctor's information, and who to contact in a dire emergency. These packets are currently recognized and endorsed by Hospitals, EMTs, Medical, Senior Citizen

Organizations, Police, Sheriff's, and Fire Departments. Trumbull's Emergency Medical Services (EMS) are working to improve the safety of their citizens, especially those in the older population. To sign up, please contact Social Services at (203) 452-5198 or email at

igillis@trumbull-ct.gov. For more information please go to <http://www.folife.org/> or contact Trumbull EMS at **203-452-5146**. Home Visits are available!

MORE COMMUNITY NEWS

Senior and Disabled Persons *Volunteer Tax Relief*

The town has established a program of *tax relief* for qualifying seniors and disabled persons who choose to give their time, talent and energy by volunteering to provide services to the town. Qualifying taxpayers, who volunteer to provide one hundred (100) hours of service to the Town of Trumbull, shall be eligible for a *tax* credit of a fixed amount up to \$600 upon his or her real estate taxes. In order to qualify for the benefits of this Volunteer Tax Relief Program, residents:

- At the close of the preceding calendar year must be sixty-five (65) years of age and over, or whose spouses, living with them, are sixty-five (65) years of age or over, or sixty (60) years of age or over and the surviving spouse of a taxpayer qualified in this municipality under this section at the time of his or her death or with respect to real property on which such residents or their spouses are liable for taxes
- At the close of the preceding calendar are eligible in accordance with applicable federal regulations to receive permanent total disability benefits under Social Security,
- Are qualified for permanent total disability benefits under any federal, state or local government retirement or disability plan, including the road Retirement Act and any government-related teacher's retirement plan.
- Own or be held in trust for their benefit and occupy as their principal residence, real property in the Town of Trumbull or be liable for the payment of taxes.

Volunteer hours are to be completed in one (1) calendar year. The *tax* credit earned shall be applied to the *tax* bill issued for payment in July of the year following the calendar year of service. Please contact the Senior Center at (203) 452-5199 if you would like to apply.

Your Donation Matters

**Would you like to leave a donation in memory of someone
or help fund a particular class?**

The Senior Center has a fund for Memorials & Gift donations. These are used to support Senior Center Programs that enrich the lives of seniors. All contributions are gratefully accepted. Here are some donation suggestions: Arts and Crafts, In Memory of..., Luncheons, Exercise Workshop, General Donation.

**Please make the check payable to :
The Trumbull Senior Center**

If you would like to specify what your donation is for, please do so here or on the memo of your check:

Monday	Tuesday	Wednesday	Thursday	Friday
<p>August</p> 		<p>9:00 Yoga 1 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle & Mahjong 12:30 Qigong</p>	<p>9:00 Balance & Core 2 9:00 The Loop 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle</p>	<p>9:00 Dance & Tone 3 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Israeli Dance 12:30 Mahjong & Pinochle 1-4 Billiards Game</p>
<p>9:00 Stretch 6 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 11:00 Book Club 1:00 Line Dancing 2:00 Yoga</p>	<p>9:15 Fit for Life 7 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 1:30 Tai Chi Quan</p>	<p>9:00 Yoga 8 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Captain's Cove 11:00 Tap Dance 12:30 Pinochle & Mahjong 12:30 Qigong</p>	<p>9:00 Balance & Core 9 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 6:00 Aging in Place</p>	<p>9:00 Dance & Tone 10 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Israeli Dance 12:30 Mahjong & Pinochle 1-4 Billiards Game</p>
<p>9:00 Stretch 13 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 1:00 Line Dancing 2:00 Yoga</p>	<p>9:15 Fit for Life 14 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 12:00 Lunch/Bingo Maefair 1:30 Tai Chi Quan</p>	<p>9:00 Yoga 15 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Alcohol Safety 11:00 Tap Dance 12:30 Mahjong & Pinochle 12:30 Qigong</p>	<p>9:00 Balance & Core 16 9:00 Loop/Mall/PriceRite 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle</p>	<p>9:00 Dance & Tone 17 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Israeli Dance 12:30 Mahjong & Pinochle 1-4 Billiards Game</p>
<p>9:00 Stretch 20 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 1:00 Line Dancing 2:00 Yoga</p>	<p>9:15 Fit for Life 21 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 12:30 Veterans Benefits 1:30 Tai Chi Quan</p>	<p>9:00 Yoga 22 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle and Mahjong 12:30 Qigong 1:00 Ice Cream/Selfie Day</p>	<p>9:00 Balance & Core 23 9:30 Water Colors 10:00 Slim Approach 10:00 Christmas Tree Shop 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle</p>	<p>9:00 Dance & Tone 24 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Monthly Birthday 11:30 Israeli Dance 12:30 Mahjong & Pinochle 1:00 Super Bingo 1-4 Billiards Game</p>
<p>9:00 Stretch 27 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 1:00 Line Dancing 2:00 Yoga</p>	<p>9:15 Fit for Life 28 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 1:30 Tai Chi Quan</p>	<p>9:00 Yoga 29 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 New to Medicare 11:00 Tap Dance 12:30 Pinochle and Mahjong 12:30 Qigong</p>	<p>9:00 Balance & Core 30 9:30 Water Colors 10:00 Slim Approach 10:00 Thimble Islands 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle</p>	<p>9:00 Dance & Tone 31 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Israeli Dance 11:30 Lunch + Movie 12:30 Mahjong & Pinochle 1-4 Billiards Game</p>

Genesis

St. Joseph's Center
REHABILITATION CENTER
 6448 Main Street, Trumbull • 203-268-6204

**HELP PROTECT
 YOUR FAMILY & HOME**
CALL NOW! 1-888-862-6429



COMMUNITY NEWS



HAVE YOU SIGNED UP? Being Prepared for an Emergency with Trumbull Citizens Alert

Trumbull Citizen Alert is a non-emergency alert system that will notify residents of Trumbull through email, text, home and cell phone. Alerts include situations of severe weather, fires, floods, unexpected road closures, or evacuation of buildings or neighborhoods. Make sure to register your family and close friends so that if there is an emergency, your loved ones out of state or town can be aware of what is happening. Also be sure to register your cellphone!

To register:

<http://www.trumbull-ct.gov/content/10623/10655/10926/13716/default.aspx>



Transportation Resources for Trumbull Residents

In addition to the Senior Center transportation programs, there are alternatives to help meet your needs. Call the Senior Center at (203) 452-5137 if you need any help in signing up for these programs.

- **Veterans-**VA Hospital transportation provides transport for eligible Vets including wheelchair services. 203-932-5711 ext. 3182, 3327

- **United Way 211 — Hotline**

For more information on mobility resources for Southwestern Connecticut, check out “KNOW HOW TO GO.” <http://www.knowhowtogoct.org>.

- **Regional Mobility Management Project’s Taxi Voucher Program:** Rick Davis, Regional Mobility Manager, at (203) 365-8522 ext. 244.

- **GBT Access:** Chin Stolze (203) 333-3031 ext 131
Door-to-door Transportation

Food Pantry Needs:

- Paper towels
- Toilet paper
- Tissues
- Liquid hand Soap
- Laundry detergent small bottles
- Dish soap

Food:

- Spaghetti sauce
- Pancake mix/syrup



MEDICAL ARTS PHARMACY

15 Corporate Drive, Suite 1-1, Trumbull

FREE RX DELIVERY TO YOUR HOME OR OFFICE

Call 203-590-3737
today to transfer your Rx
to Medical Arts Pharmacy

LITTLE ANGELS ELDERLY HOME CARE POLISH AGENCY

Providing Elderly Care • Companions
Live-In Caregivers

Stay Independent in Your Home!
Ewa Bors • 203-278-1436
littleangelshomecare48@yahoo.com

Middlebrook Farms at Trumbull

Benchmark Senior Living
Assisted Living & Memory Care

**Call to
Schedule a Visit**

2750 Reservoir Avenue
Trumbull, CT 06611

203-268-2400

www.benchmarkseniorliving.com

REMARKABLE MEMORY CARE ASSISTED LIVING IN YOUR BACKYARD



Bridges

BY EPOCH
MEMORY CARE ASSISTED LIVING
AT TRUMBULL
Remarkable people. Exceptional care.

203.397.6800

www.BridgesbyEPOCH.com



(CT Relay 711)



PAT WALKER, Residential Sales Specialist

THE NEXT GENERATION OF SERVICE
203-545-5746 • Pat.Walker@CBMMoves.com

Extensive Marketing Expertise • Strategic Positioning
Accredited Staging Professional • Critical Negotiating Skills
Multimillion Dollar Sales Volume • Results



2 Corporate Drive
Trumbull, CT 06611



Support That Fits Your Lifestyle

Alzheimer's & Dementia Care
Companionship ~ Personal Care ~ Meals &
Nutrition ~ Transportation ~ Household Duties
Respite Care ~ Hospice Care

Call for a free, no-obligation consultation – 203-426-6666 / 203-386-1151

CT DCP Reg.#HCA.0000160 www.homeinstead.com/307

Each Home Instead Senior Care franchise office is independently owned and operated.

Christopher T. Greenwood

Attorney at Law

With proper Medicaid Planning, we can guide you and your family
while helping to protect your home and assets

**Medicaid & Asset Preservation Planning - Last Will and Testaments - Powers of Attorney
Estates - Trusts - Health Care Directives - Real Estate Guidance for Seniors**

203-375-4040 – www.greenwoodelderlaw.com

799 Silver Lane, Trumbull, CT 06611

Setting the Standard in Comfort and Care

Our Services

- Physical, Occupational and Speech Therapy
- Customized Clinical Programs
- Orthopedic Rehabilitation
- Cardio/Pulmonary Rehabilitation
- Cognitive Retraining
- Ambulation Retraining
- Endurance Training
- Activities of Daily Living Retraining
- Stroke Recovery
- Alzheimer's/Dementia Care
- Cardiac Care Program



PASSPORT



Ludlowe
Center for Health & Rehabilitation

www.ludlowecenterhealth.com

For a private tour, please call us at

203-372-4501

118 Jefferson Street, Fairfield, CT 06825



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

Trumbull Senior Center

06-5293

DAY AND OVERNIGHT TRIPS: *Stop by the Center for detailed flyers*



Take a look at our day and overnight trips. Everyone is welcome.



Membership or residency not required.

E-mail Jeannie Franco with any questions jfranco@trumbull-ct.gov or call (203) 452-5199.

Payment and trip policy forms are required before signing up.

To view all trip flyers, visit the Center or visit our website:

<http://www.trumbull-ct.gov>

2018 Upcoming Trips

- Holiday Tea Part at Caramoor
- White Christmas at Aqua Turf
- Westchester Broadway: The Edward Twins.

Choctoberfest

Fascia's Chocolate-East Side Restaurant-Still Hill Brewery

Tuesday, October 9th, 2018

Cost \$131.00 Per Person

Head over to Fascia's Chocolates for a full chocolate experience.

Tasting and demonstrations are included. Includes: transportation, tour director, full chocolate experience, German lunch at East Side Restaurant, beer and Brew House Tour, all taxes and gratuities

Tours of Distinction

Museum Without Walls

Thursday, October 18th

\$114.00 Per Person

Lunch at The River Grill with Picturesque views of the Hudson Valley.

Visit Storm King Art Center, the world's leading sculpture park. Next is the

Dia: Beacon Museum. All gratuities and taxes included.

Tours of Distinction

Anything Goes,

Westchester Broadway Theatre

Friday, August 30th, 2018

\$99.00 Per Person

Enjoy seeing the award winning musical, Anything Goes, at the Westchester Broadway Theatre.

Includes: transportation, lunch and show, driver's gratuity

Getaway Tours

Return to Camelot-The Kennedy Wedding Remembered,

Newport, RI

Tuesday, September 11th, 2018

\$108.00 Per Person

Narrated Driving Tour on Ocean Drive. Lunch at the newly opened Atlantic Resort with views of Easton Pond. Relive the fairytale wedding at St. Mary's Church with a musical and video presentation.

Friendship Tours

Overnight Trip with

Friendship Tours

Tour: Nashville Music City

Nashville, TN

**Biltmore Estate-Asheville, NC
Opryland Hotel-Grand Ole Opry
Ryman Auditorium- General
Jackson Lunch Cruise**

Dates: October 9th-16th

Deposit Date: July 17th

Final Payment: August 21st

Single: \$2,231.00 pp

Double/Triple: \$1,761.00 pp

Overnight Trip with

Tours of Distinction

Christmas in Cape May

December 4-6, 2018

Deposit Date: ASAP \$50.00

Final Payment: October 29th

Single: \$765.00

Double: \$649.00

Triple: \$609.00

Includes: transportation, 5 meals, cocktails, lunch at Carmine's, sightseeing tour, reserved orchestra seats to Radio City's Christmas Spectacular, baggage handling, tour director, all gratuities/taxes

United Nations

And Carmine's

Monday, October 22nd, 2018

\$114.00 Per Person

Head to the Big Apple for a day of peace and justice!

Guided tour at the United Nations.

Go behind-the-scenes.

Lunch at Carmine's family style. Garlic Bread, Mixed Green Salad, Linguine with Clams (Red Sauce),

Rigatoni & Broccoli (garlic and oil), Meatballs, Chicken (Lemon & Butter), Dessert, Coffee, Tea.

Tours of Distinction

**Broadway: Wicked or My Fair lady. Your choice
Wednesday, October 24th, 2018**

Orchestra/Front Mezzanine Tickets

Lunch at the famous Carmine's

\$259.00 per person

Tour Director and all gratuities included.

Getaway Tours

**The Big E
Wednesday, September 19th, 2018**

\$55.00 Per Person

The Big E, "New England's Great State Fair," is the premier event each Fall in Connecticut. Includes:

transportation, admission, driver's gratuity. ***Getaway Tours***

**Westchester Broadway Theatre:
Phantom**

Thursday, November 8th, 2018

\$99.00 Per Person

Matinee performance with lunch.

Choice of entrée upon arrival.

Getaway Tours